

## 'Talking it over with someone who Cares'

The Carer Counselling Service provides:

- a service that targets the specific needs of Carers
- short-term counselling (up to 5 sessions initially) delivered by qualified, professional counsellors operating throughout the state
- a safe, non-discriminatory and non-judgemental environment
- referral to other services as needed
- complaint handling procedures



Modes of delivery:

- face-to-face counselling
- telephone counselling
- email counselling



### Carers SA

66 Greenhill Road  
Wayville SA 5034

PO Box 410 Unley SA 5061

Hours: 9am to 5pm  
Monday to Friday

Telephone 8291 5600

Facsimile 8271 6388

Email: [info@carers-sa.asn.au](mailto:info@carers-sa.asn.au)

Website: [www.carers-sa.asn.au](http://www.carers-sa.asn.au)

Carers SA ensures that the personal information provided will be handled in accordance with the principles set out in the Privacy Amendment (Private Sector) Act 2000.

A statement of rights and responsibilities is provided to all Carers

Illustrations by Sue Wildman

funded by the Australian Government

April 2012



## 'Talking it Over'



caring for the carer

PRACTICAL HELP AND  
SUPPORT FOR ALL CARERS

Carer Counselling Service

**1800 242 636\***

\* Free call except from mobile phones.  
Mobile calls at mobile rates.

**SOMEONE TO LISTEN**

## Are you a Carer?

A Carer is a relative or friend who is caring for someone with a disability, mental illness, chronic condition or who is frail aged. Carers come from all walks of life, cultural backgrounds and age groups.

*Are you doing too much?*

*Do you feel angry, exhausted, and ready to explode?*

*Is your situation out of control?*

*Do you find it difficult to say no?*

## Caring and YOU

If someone relies on you for care and you have a lot on your mind, consider 'talking it over' with a professional who cares about YOU.



There are a whole range of emotions that carers experience and dealing with them is not always easy. Talking with someone can help.

## Why seek counselling?

Many people are put off by the word 'counselling' and are afraid to ask for help.

Counselling is about talking with someone who can assist you in making a difference to your caring role and your life. Seeking counselling doesn't mean failure or not coping or feeling inadequate. It's about looking after YOU.



Carers seek counselling for a number of reasons.

Short term counselling will focus on:

- managing stress
- coping skills
- grief and loss issues
- transition issues
- practical problem-solving techniques
- emotional support
- health and wellbeing

## How can you access counselling?

By phoning 1800 242 636\* you can talk to someone about your situation and be referred to the counselling service.

If you would prefer, a friend, family member or service provider can ring on your behalf.



## Cost

There is a small cost to access the counselling service, however the fee may be waived under certain circumstances.

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